



UCOOK

Caribbean Jerk Chicken

with creamy slaw, sweet potato fries & fresh chives

Ready for a tropical trip to the Islands? Chicken pieces are rubbed with NOMU African Rub, roasted to perfection and served with a moreish jerk sauce for dipping. A creamy cabbage & chive slaw, charred pineapple rings and sweet potato fries are the perfect sides to complete this hearty meal.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Viognier

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Ingredients & Prep

6	Free-range Chicken Pieces
30ml	NOMU African Rub
22,5ml	Low Sodium Soy Sauce
750g	Sweet Potato
45ml	Jerk Seasoning
8g	Fresh Chives
200g	Cabbage
150ml	Greek Yoghurt
600g	Fresh Pineapple Rings
150ml	Jerk Dip <i>(15ml Wholegrain Mustard, 120ml That Mayo (Original) & 15ml Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CHICKEN Preheat the oven to 200°C. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, the soy sauce, and seasoning. Roast in the oven until cooked through and crispy, 35-40 minutes (shifting halfway).

2. JERK TIME! Rinse the sweet potato and cut into 1cm thick fries. Place on a separate roasting tray. Coat in oil, the Jerk seasoning, and a pinch of salt. Roast until cooked through and crispy, 30-35 minutes (shifting halfway).

3. SLAW While the chicken and chips are roasting, rinse and finely slice the chives. Finely slice $\frac{3}{4}$ of the cabbage. In a bowl, combine the sliced cabbage, the yoghurt, $\frac{1}{2}$ the sliced chives, and seasoning. Set aside until serving.

4. PINEAPPLE OF YOUR EYE When the roast has 5-10 minutes remaining, place a pan or grill over medium-high heat with a drizzle of oil. When hot, fry the pineapple rings until lightly charred, 1-2 minutes per side.

5. WELCOME TO PARADISE Plate up the fries. Side with the chicken, the charred pineapple, and the creamy slaw. Serve the Jerk dip on the side for dunking. Garnish with the remaining chives. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the dressed chicken skin-side up, at 190°C until cooked through, 30-35 minutes (shifting halfway). Next, repeat with the seasoned fries.

Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	6.8g
Carbs	12g
of which sugars	6.5g
Fibre	1.5g
Fat	5g
of which saturated	1.4g
Sodium	221mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days